**Summit for Healthy Children: October 4, 2013**

**Focus on Physical Activity**

**Graduation Matters Missoula Student Wellness Goal:**

Work with students, staff, parents, and community members to identify and implement strategies that will significantly improve the physical and mental health of students.

**Long-term physical activity target of MCPS GMM Student Wellness Subcommittee:**

ALL children are active a minimum of 60 minutes per day, spending no more than 50 minutes during a school day without physical activity.

**Summit for Healthy Children, October 4th, Focus on Physical Activity target:**

Build background knowledge about physical activity possibilities

**Break out session targets:**

* Identify potential barriers to physical activity
* Identify how to add small amounts of physical activity throughout the day
* Identify measurable objectives for next steps, including who, what, when, specific benchmarks, and how we will measure

**Break-Out Session Agenda and Facilitator Guidelines**

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Breakout Section 1** | **Breakout Section 2** | **Breakout Section 3** | **Breakout Section 4** | **Breakout Section 5** | **Breakout Section 6** |
| **Topic** | **Zero Hour: Active Transportation** | **Zero Hour: Supervised Activity** | **Classroom Instruction** | **Active Recess** | **Access to Physical Activity** | **After School** |
| **Question to ask after welcome and introductions** | Why are kids not active before school? | Why are kids not active before school? | Why are kids not active during classroom instruction time? | Why aren’t ALL kids active during recess? | What are the time and facilities barriers to physical activity in our schools during the school day? | Why are kids not active after school? |
| Facilitator | Laval Means | Gretchen Grossmann | Tucker | Mary McCourt | Maggie Moffatt | Donna Gaukler |
| Recorder |  |  |  |  |  |  |
| Time Keeper |  |  |  |  |  |  |
| Additional expert panel members (if applicable) | Ben Weiss  Burley McWilliams | Chris S (Seeley Lake) | Cathy Fischer  Steven Gaskill | Cindy C (principal at Russell) and Shanna (YMCA) | Glen Moffatt (K-5 enhanced PE)  And Korey Wolferman and Maureen \_\_  MS/HS Access to PA | Heather Davis Schmidt  Jason Shearer  Burley McWilliams |

Format, timing, and facilitation recommendations for break out sessions:

|  |  |
| --- | --- |
| **Time** | **Activity** |
| 10:00-10:10 | Facilitator will provide: welcome and introductions |
| 10:10-10:25 | Facilitator will ask: why are kids not active before school? (This is for Zero Hour – see question appropriate to your break out section in chart above)   * Individuals “think” first, jot down thoughts on scratch paper * Break into small groups: identify a recorder/reporter * Share thoughts and record in small groups * Report out top 2-3 thoughts to large group * Ask groups not to repeat thoughts of other groups * Gaskill’s student, facilitator, or panel member will record whole group share out on chart paper |
| 10:25-10:40 | Facilitator and/or expert panel members will provide background on best-practices in the topic area, including resources and modeling activities.   * Each facilitator will provide a hard copy list at the event (will also email this resource list to Mary McCourt at [mmccourt@co.missoula.mt.us](mailto:mmccourt@co.missoula.mt.us); Mary will send these out as part of a follow up to the event), this list will include:   + Best-practices   + Possible activities   + Resources |
| 10:40-10:45 | Facilitator will instruct participants to work in small groups to identify:   * Other possible activities and solutions beyond those provided by the facilitator/panel members * Small groups identify a recorder to chart other activities and solutions on chart paper provided |
| 10:45-10:55 | Facilitator will instruct participants to do a gallery walk of the other possible activities and solutions beyond those provided by the facilitator(s) |
| 10:55-11:00 | Facilitator will instruct participants to work in small groups to identify:   * 2-3 ACTIONS you will take to increase physical activity in your school community. |
| 11:00-11:05 | Facilitator will have groups report out to the larger group:   * Report out top 2-3 thoughts to large group * Ask groups not to repeat thoughts of other groups * Gaskill’s student, facilitator, or panel member will record whole group share out on chart paper |
| 11:05-11:10 | Facilitator will instruct participants to prioritize ACTIONS to increase physical activity to share with all summit participants at end of event:   * Participants will each be given 3 colored sticky dots * Participants will put one colored dot on each of the top 3 actions to increase physical activity * Facilitator will provide notes on the 3 actions with the greatest number of dots with Mary McCourt to serve as the summary of the breakout session that Susan Hay Patrick will share in the summit’s closing |